

# NEXCOM NOTICE

*Valued Customer,*

You have just purchased  
**a product that contains**  
an herb known as

**Ma Huang or**

***Ephedra...***

**GNC** Live Well.

1-888-462-2548  
[www.gnc.com](http://www.gnc.com)

## Follow these general guide lines...

Ma Huang or Ephedra **contains ephedrine alkaloids**. These products have the **potential to cause harm** IF the directions and warnings on the product label are not followed in full. You should pay particular attention to the warnings on the product label and should not use the product if you have any of the contraindicated conditions. Adverse reactions have been reported with over use and in some cases with extreme exertion and dehydration.

Read the label carefully. Follow ALL warnings on the product. Ingredients in the products may vary widely from manufacturer to manufacturer. Therefore, it is important to purchase products from reputable manufacturers. There is no scientific evidence of the effectiveness of these products for increasing muscle mass. Sale of these products at NEXCOM or NEXCOM franchises does not imply any endorsement of their safety or effectiveness.

**Do** drink a minimum of eight glasses of water a day. More fluids may be necessary if exercising when in a potential heat-stress environment.

**Do** consult your athletic governing body prior to using these products if you are participating in competitive sports since use of these products may be a basis for disqualification.

**Do** advise your health care provider if you are taking or plan to take these products and have a condition set forth in the warning on the product. Report any use of these products if you are in flying status, on Personal Reliability Program (PRP), diving or participating in special operations.

**Do Not** take more than the recommended amounts. More supplements will not increase any potential benefit and may cause serious harm.

**Do Not** use in military duties where extreme exertion and dehydration are likely (examples include: marches and working in environments where heat-stress may occur).

**Do Not** use with caffeine-containing products (including coffee, tea, chocolate and soda) or with prescribed medications, over-the-counter products and other supplements containing ephedrine.

**Do Not** take these products longer than 12 weeks.

**Stop taking immediately IF you experience headaches, dizziness, visual disturbances, sleeplessness, loss of appetite, nausea or any other unusual symptoms.**